

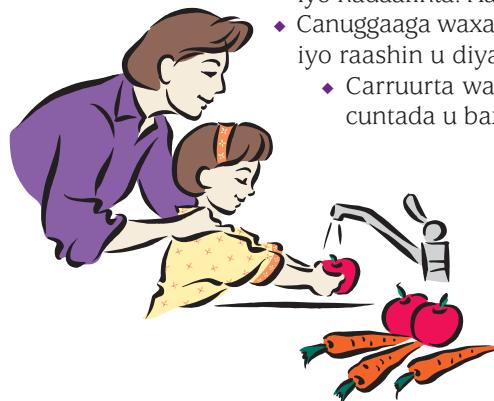


Sideen uga dhigaa xilliga cunno cunidda waqtii farxad leh?

- ♦ Xilliga cunnada la cuno ha noqoto fursad ay reerku isugu yimaadiin. Carrurta waxaa ay jecel yihii inay dad kale la cunteeyaan. La fadhiiso oo la cuntey canuggaaga.
- ♦ Isku day inaad cunnada cuntaa waqtii go'an maalin walba.
- ♦ Ha ku sasabin, ha la ciyaarin hana ku qasbin canuggaaga cunnada. Carrurta waxay u baahan yihii inay dhowraan cunno cuniddooda.
- ♦ Waa caadi inay carruurta ay cunnada ku ciyaaraan. Ka qaad cunnada marka uu canuggaaga jojiyo cunno cunidda amaba billaabo inuu cunnada tuuro.
- ♦ Si degganaan leh cunnada u cun. Ha isku taxluujin sida uu canuggaaga cuntada u cunayo.
- ♦ Demi telefishinka xilliga cunnada. Xilliga cunnada ha noqoto xilli degganaan lagu wada sheekeysto.
- ♦ Tusaale fiican u noqo carruurtaada. Cunno kala duwan cun. Canuggaaga waxaa uu rabi doonaa inuu cunno waxa aad cuntid.

Sideen u jacleysiin karaa canuggayga cunidda cunnada caafimaadka leh?

- ♦ Carruurtu waxay jecel yihii inay ka qayb qaataan qorshaha soo adeegidda. U fasax inuu canuggaaga soo qabqabto faruutada iyo khudradda. Isku day inaad waddid marka aanay baahi iyo daalba hayn.
- ♦ Carruurtu waxay xittaa jecel yihii inay kuushiinka ka shaqeeyaan. Xittaa 4 jirka waa uu dhaqi karaa faruutada iyo khudradda, insalaatada inuu jar jaro, inuu mindi balaastik ah ku gooyo faruutada jilcan ama inuu cajiinka walaago.
 - ♦ Cunigaada waxa uu kaa caawini karaa dhigida miisaska iyo nadaafinta. Aad ayuu ugu faraxayaa inuu ku caawiyo!
 - ♦ Canuggaaga waxaa uu kaa kaalmayn karaa inaad ciyaaro iyo raashin u diyaarisid carruurta xannaanada dhigata.
 - ♦ Carruurta waa ay jecel yihii inay bartaan sida cuntada u baxdo ama loo sameeyo. Tusaale ahaan:
 - ♦ geedo ku beer dheriayaal
 - ♦ soo booqo beer ama meel faruutada lagu gado
 - ♦ soo gooy faruuto
 - ♦ soo booqo foorno ama meesha lagu gado alaabta caanaha laga suubiyo



Tusaalahaa Cuntada Canuggaaga		
	Maalinta 1aad	Maalinta 2aad
Quraac	1 ukun la qasay 1 roodhiga go an 1/2 koob (120mL) caano 1/2 tufaax, la gooyey	1/2 koob (60mL) siriyaal 1/2 moos 1/2 koob (120mL) caano
Qado	sanwijka looska shiidan la dul mariyey 2 roodhiga go an 2 qado (30mL) looska shiidan 1/2 koob (120mL) digirta cagaaran 1 awns (30mL) formaajo la yar yareeyey biyo	3/4 koob (180mL) maraqa lo da ee khudradda lagu daray 1 canjeera (9") 1/2 koob (120mL) caanaha la khamiiriyyey biyo
Cunto Fudud	3/4 koob (180mL) siriyaalka la qalajiyey 1/2 koob (120mL) caano	1 roodhiga la kuleeyey oo la mariyey 2 qado (30mL) looska shiidan biyo
Casho	3 qado (45mL) digaagga la foorneeyey 1/4 koob (60mL) bariis 1/2 koob (120mL) barookoli 1/2 koob (120mL) caano	1 canjeera (9") amboolo 3 qado (45mL) hilibka ariga 1/2 koob (120mL) baris 1/2 koob (120mL) karoota la kariyey 1/2 oranje, la gooyey 1/2 koob (120mL) caano
Cunto Fudud	4 biskitka karaakerska 1/2 koob (120mL) caano	4 biskitka karaakerska ee sawirka xayawaanka leh 1/2 koob (120mL) caano

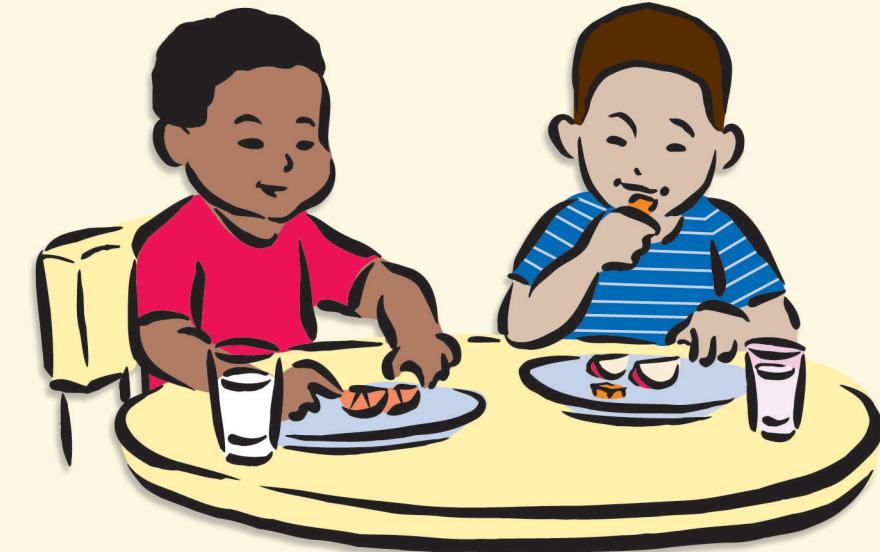


Marwalba ka dhaq gacmaha ka hor iyo cuntada kaddib.

Digniin: Carruurta da'doodu ka yar tahay 4 waxaa ay ku sixan karaan cuntada sida hot doogga, daangada, looska, karootada cayriinka ah, canabka, nacnaca la calaajiyey, xanjada, iyo nacnaca adag. Ka ilaali cuntadani. Hoot doogga aad u yar yaree.

Laga bartay Waaxda Caafimaadka ee California, Laanta Nafaqeynta Dheeraadka ah ee WIC. Waxaa daabacyay Waaxda Caafimaadka ee Gobolka Washington Barnaamjika WIC. WIC waa barnaamij ka siman fursadaha shaqaaleeynta. Dadka naafada ah waxaa ay dokumentigani heli karaan iyago codsi u soo gudbista noocyada kale ee jira. Si aad codsi u soo gubdbisid fadlan wac 1-800-525-0127 (TDD/TTY 1-800-833-6388).

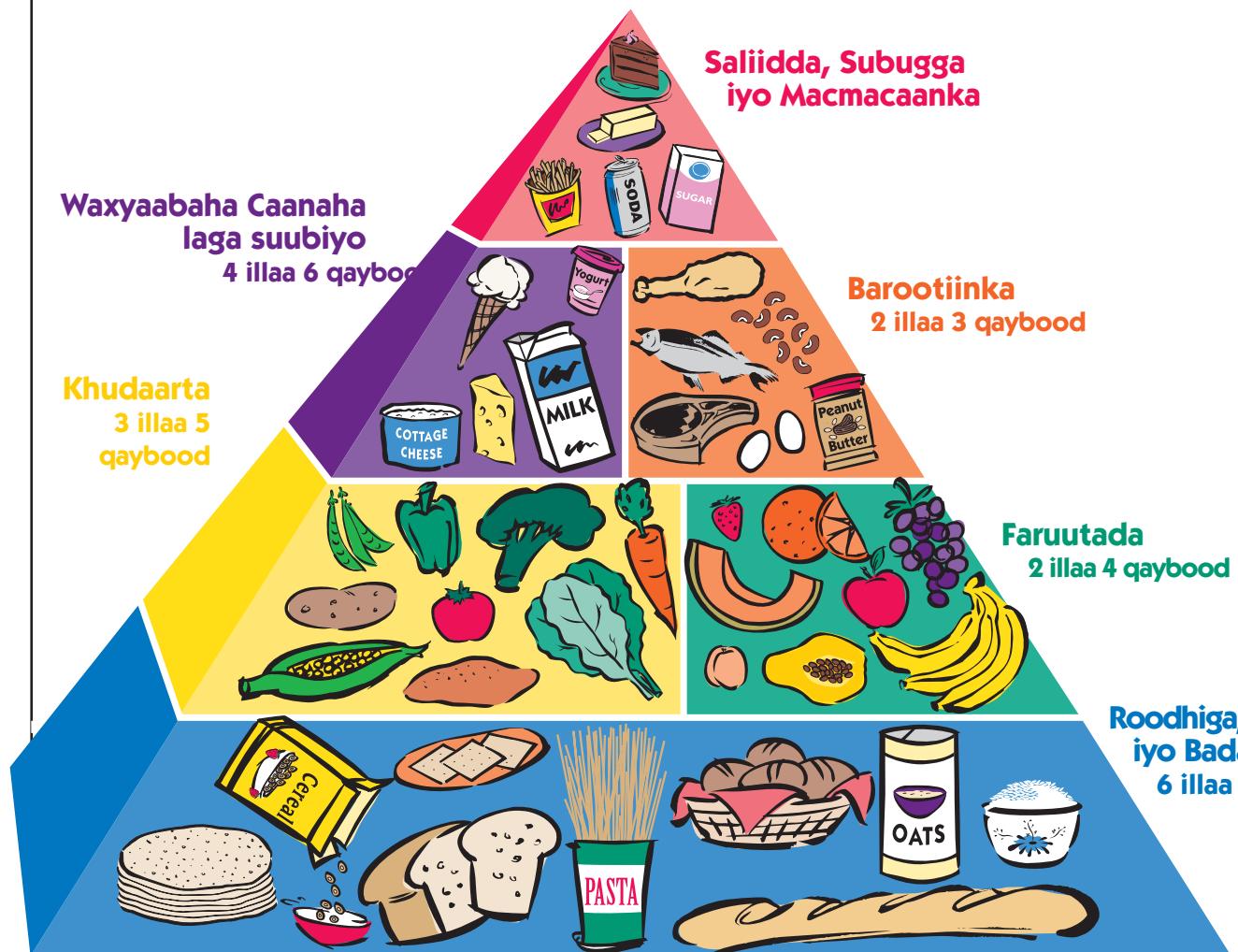
Cunno siinta canugaaga 3 illaa 5 jirka ah



Hadafkaygu waa sidatan: _____

Tilmaanta seddexgeesodka cunnada

Cunno siinta canugaaga 3 illaa 5 jirka ah



Carruurta waa ay yaqaaniin **inta ay rabaan** inay cunaan. Balse ma yaqaaniin **noocyada cunnada** ee ay rabaan.

Marka la gaaro xilliga cunnada, sii canugaaga cunto lagu caafimaado. **Adiga** ayee tahay inaad go'aan gaarto wuxuu aad siin lahayd.

U fasax inuu **cannugaaga go'aansada** inta ay tahay inuu ka cuno cuntada aad u soo gurto.

- 3 jeer sii cunnada culus 2 illaa 3 goorna sii cunnada fudud maalin walba.
- Cunto lagu caafimaado oo kala nooc ah sii maalin walba.
- Carruurtu maalmaha qaarkood waa ay ku wax cunid badan yihiin maalmaha kale.
- Maalin qudha waxa uu cuno canugaaga waxaa laga yaabaa inaysan ku jirin tilmaanta cunnada. Wuxaa eegtaa cunnada uu cuno muddo dheer.

Qaybtii waxay la mid tahay...

Roodhiga, Siriyalka iyo Badarka

Roodhi, muufo, doolshe (roll), muffin (muffin), canjeero iyo waafal (waffle) .. $\frac{1}{2}$ Siriyalka aan la qoyn $\frac{1}{3}$ - $\frac{1}{2}$ koob ama 80-120 mL Baasto, bariis, siriyalka la kariyey $\frac{1}{4}$ - $\frac{1}{2}$ koob ama 60-120 mL Buskutka sokor la'aanta ah (crackers) 2 xabbo oo yar Sii cannuggaaga cunnada badarka laga sameeyo maalin walba.

3 illaa 5 saxan maalinwalba

La kariyey $\frac{1}{4}$ - $\frac{1}{2}$ koob ama 60-120 mL Cayrii $\frac{1}{4}$ - $\frac{1}{2}$ koob ama 60-120 mL Wuxaaad canugaaga maalinwalba siisaa khudradda ay ka midka yihiin, karootada, barookoli, sbiinash, cagaarka, bataatiga mac iyo iskawaashka.

Khudradda

Kuwa fareeshka ah $\frac{1}{2}$ illaa 1 xabbo oo yar Faruutada gasacadaysan $\frac{1}{4}$ - $\frac{1}{2}$ koob ama 60-120 mL Casiir $\frac{1}{4}$ koob ama 60 mL Sii canugaaga fitamiin siida maalin walba, sida oranjka, fraagolada, melonka, cambaha, babaayga ama casiirka.

Faruutada

Kuwa fareeshka ah $\frac{1}{2}$ illaa 1 xabbo oo yar Faruutada gasacadaysan $\frac{1}{4}$ - $\frac{1}{2}$ koob ama 60-120 mL Casiir $\frac{1}{4}$ koob ama 60 mL Sii canugaaga fitamiin siida maalin walba, sida oranjka, fraagolada, melonka, cambaha, babaayga ama casiirka.

Cunnada Caanaha laga suubiyo

Caano ama caanaha naaska $\frac{1}{2}$ koob ama 120 mL Burcad $\frac{3}{4}$ auns (ounces) ama 20 g Burcadka kootajka (Cottage) $\frac{3}{4}$ koob ama 180 mL Caano fadhi, kastarka caanaha lagu doro $\frac{1}{2}$ koob ama 120 mL Caano fadhiiga la qaboojiyey, jalaatada $\frac{3}{4}$ koob ama 180 mL Wuxaaad u doorta canugaaga caanaha iyo waxyaabaha laga suubiyo oo subagga ku yar.

2 illaa 3 saxan maalinwalba

Hilib, dooro, Shimbirta digaaggaa shaabahda (turkey) iyo kalluunka 2 qaado ama 30 mL Ukun 1

Barootiinka khudaarta

Digirta la kariyo iyo nooca lentilska (lentils) $\frac{1}{2}$ koob ama 120 mL Looska shiiidan (peanut butter) 2 qaado ama 30 mL Hilibka iyo digirta ayuu macdanta ayronka ku badan yahay!

Subugga, Saliida iyo Macmacaanka

Sii canugaaga cunnadaan mar mar.

Uga billaw xoogaa yar. Wuxaa siisaa 1 qaado (15 mL) cuno walba ama sannad walba ee da'da canugaaga. Tusaale ahaan, haddii uu canugaaga afar jir 4 jir yahay, wuxaa siisaa afar qaado oo khudaar ah iyo afar qaado oo bariisa ah. Haddii uu wax ka badan doono, ha ku waydiisto.



Dear Colleague,

The Washington State Department of Health (DOH) is pleased to provide camera-ready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:
Office of Health Promotion
P.O. Box 47833 Olympia, WA 98504-7833
(360) 236-3736

Sincerely,
Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: Feeding Your 3 to 5 Year Old

Size: 16.5 x 9

Paper stock: 60# text Sterling gloss white

Ink color: 4-color process

Special instructions: Prints 2 sides. Cover bleeds. Finished job folds to 5.5 x 9

DOH Pub #: 961-188